

## Sports Development in North Lombok Regency Review from the Sports Development Index

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### Abstract

Several aspects must support the progress of development. Likewise, in sports development, sports development should prescribe several aspects of dimensions, namely Human Resources, Participation, Prejudice, and Open Space. This study aims to (1) Analyze the availability of open space, (2) Analyze human resources, (3) Analyze community participation, (4) Analyze public fitness in North Lombok Regency. This research is a quantitative descriptive study, with a sample of 270 people, 90 each from 3 districts. The sampling technique uses a stratified random sampling technique with cluster sampling. Data collection instruments were carried out by observation, questionnaire, interview, documentation, MFT test. Data analysis techniques using interactive. Research results: (1) Open Space index value = 0.205, (2) Community Participation index value = 0.240, (3) Fitness index value = 0.395, (4) and Human Resource index value = 0.0006, (5) Results from the combination of the four-dimensional indexes it can be seen that the Sports Development in North Lombok Regency in terms of the sports development index is 0.209. This value, when viewed from SDI norms, is categorized as low. To increase the SDI index in the future, the Regional Government, Bappeda, Dikpora, KONI of North Lombok Regency, together with the community, must work extra hard to improve all components in a consultative manner, with priority at the low dimensions. Systematic and strategic efforts must be made to raise the sports development index going forward. An increase in the index means an improvement in the quality of sports development, as well as the community.

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## INTRODUCTION

Development is a process towards positive and negative change, and development is also a programmed and systematic effort to improve and maintain living standards. Sports development cannot be implemented in an instant manner but requires systematic totality and commitment (Dian Estu, 2018). This means that the community is given full space to participate in the development. The community's awareness of exercise will contribute to community development, and individuals who are healthy, skilled, intelligent, resilient, prosperous, and competitive. This implies that the position of sport is important because it has high competence in influencing the success of the development of other sectors, especially those related to improving the quality of human resources, and the lives of its people (Farhan, 2011).

Humans are essential development resources, among other resources that will be built capabilities, and strengths as implementing, and driving the development (Noor, 2013). Sport is a special form of play with a conscious direction and purpose (Wasis, 2009).

Sports development is a process that makes humans have a lot of access to physical activities. According to Law of Republic Indonesia Number 3 of 2005 concerning the sports system, which states that sports are all systematic activities to encourage, foster, and develop physical, spiritual, and social potential. Sport is basically the need of every human being, if it grows, develops and entrenches in society the next stage of sport becomes the needs of society (Yudik, 2011: 224) Sports are the needs of every human being; the goals to be achieved by someone to do sports activities are different. Humans are the most important development resources among other resources that will be built capabilities, and strengths as implementing, and driving the development (Noor, 2013)

North Lombok Regency is the youngest regency among ten regencies in West Nusa Tenggara (NTB), although it is relatively young in the 2018 NTB PORPROV event North

Lombok Regency succeeded in getting 32 medals (KONI NTB, 2018). This shows the potential of the North Lombok Regency.

The benchmarks that have been used as the success of sports development by policymakers, in the past, refer to the achievements of certain sports. Each region competed to get as many wins. The symbols of victory are in the form of a medal of victory, and this rationale is used as a thought that leads to the efforts to win as much as possible, each region struggling to outperform other regions by showing the number of medals (Kristiyanto, 2012).

Overtime by not leaving a winning medal as a way of assessing the success of sports development. Indicators of success in the development of broader sports, and the fundamental need to be prioritized (Kristiyanto, 2013). Community contribution in all fields of development has become an absolute thing, especially in sports development. Sports development must start from society (James Skinner, 2006). The assumption that the progress of sports development is measured from many regions or areas to get a medal in the championship is wrong, but the progress of sports development is measured based on the four dimensions that exist: (1) open space, (2) participation, (3) fitness, and (4) human resources. These four dimensions reflect the success of sports development (Mutohir, and Maksum, 2007).

With a good application system, sports can provide good prospects for development in each region (Darmawan, 2018). Various problems will be encountered when the development process is carried out, including sports development. Open space is intended for several people in the form of buildings or land to carry out physical activities. Lack of human resources, in this case, refers to the availability of sports coaches, physical education teachers, and sports instructors in an area. The existence of adequate sports human resources components will have an impact on community sports activities related to the quantity and quality (Amar, 2016: 100). Community participation, including direct participation such as doing sports, and indirectly

doing sports activities. Fitness here is the ability to grow to do activities without experiencing significant fatigue. Fit people are not easily tired, can do their daily work optimally, and even stop prematurely (Mutohir, and Maksum, 2007).

**METHODS**

This research is an analytical study of sports development with a mixture of quantitative and qualitative methods. The research method is a scientific way to obtain data following the objectives and uses (Sugiyono, 2015). Mixed research is a procedure combining into one qualitative and quantitative method in one study (Creswell, 2012). The flow of analysis followed the interactive analysis model. Data collection techniques using observation, questionnaires, Multistage Fitness Test, and documentation.

The study was conducted in North Lombok Regency by taking 3 samples districts, namely: Winner District, Tanjung District, Gangga District, with a total sample of 270 people. Each sub-district was taken by 90 people who were divided into age groups, namely: children (7-12 years) 30 people, adolescents (13-17 years) 30 people, and adults (18-40 years) 30 people. Each age group consists of 15 men and 15 women.

Community participation to reveal community participation in sports through a questionnaire after conducting a physical fitness test. The formula for the participation index is

$$\text{Participation Index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

Where the maximum value is 100, and the minimum value is 0 (Kristiyanto, 2012). The participation rate is measured based on the ratio of activity participants to the total population aged seven years and above when the measurement takes place. Residents who exercise three times a week are assumed to be active citizens in sports participation.

Open space figures are measured based on the area of open space with a population of 7 years and above. Open space is important for

physical activities to achieve a healthy and fit community. The formula for calculating open space numbers is

$$\text{Open Space Index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

where the maximum value is 3.5m<sup>2</sup>, and the minimum value is 0m<sup>2</sup>.

Physical fitness to perform daily activities, physical fitness is very important for the smooth running of the activities. To calculate the level of physical fitness using a multistage fitness test (MFT), before calculating the overall fitness index, each age classification is calculated. The maximum fitness value is 40.5, and the minimum value is 20.1. The next step is to look for physical fitness numbers with formulas:

$$\text{Fitness Index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

Human resources referred to here are trainers, instructors, physical education teachers. The human resource index is measured based on the ratio of the number of human resources, sports that exist with a population of 7 years and above. The maximum value is 2.08 and the minimum value is 0, the formula for calculating the index of human resources is

$$\text{Human Resources} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

*Sport Development Index (SDI)*. After getting the results of the four dimensions, then determine the index based on the SDI norm by using the formula  $SDI = 1 / (4) (\text{Participation index}) + 1 / (4) (\text{Open space index}) + 1 / (4) (\text{Fitness}) + 1 / (4) (\text{Human resources})$ .

**Table 1.** SDI Norms

Index number	Norms/categories
0.800-1.000	High
0.500-0.799	Intermediate
0.000-0.499	Low

(Kristiyanto, 2012)

**RESULTS AND DISCUSSION**

The first discussion on the results of the North Lombok Regency sports development

research begins with data on the number of people over the age of 7 years obtained from the Department of Population and Civil Registration of North Lombok Regency (DIKCAPIL). Where the data obtained can be seen in Table 3. Data on the number of population aged > 7 years.

**Table 2.** Number of Population Ages Over 7 Years

District name	Total population age > 7 years
Pemenang	31.081
Tanjung	44.150
Gangga	41.053

(Dukcapil North Lombok Regency 2018)

The Community Participation Index, known to residents of North Lombok Regency aged seven years and over who exercise more than three times per week is 24%. Then the actual value of the participation of North Lombok Regency is 24, the maximum value = 100, the minimum value = 0. Then from the numbers are processed by using the formula:

$$\text{Participation index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

Thus the North Lombok Regency participation index is  $24 - 0 / 100 - 0 = 0.240$ .

Fitness Index. The level of physical fitness is measured based on the results of the Multistage Fitness Test (MFT). The maximum value is obtained from the highest fitness number received by the study sample when carrying out the MFT test. For the actual value of children's fitness obtained an average value of 26.08, the actual value of adolescent fitness 28.13, the actual value of adult fitness 30.53, with maximum value: 40.5, minimum value: 20.1.

Then processed using the formula:

$$\text{Fitness Index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

Children's fitness index =  $26.08 - 20.1 / 40.5 - 20.1 = 0.29$  results, Teen fitness index =  $28.13 - 20.1 / 40.5 - 20.1 = 0.39$ , Index adult fitness =  $30.53 - 20.1 / 40.5 - 20.1 = 0.51$ . Thus, the North Lombok Regency fitness index is:

$$\frac{0.29 + (2 \times 0.39) + 0.51}{4} = 0.395$$

The human resource index is measured by the ratio of the population aged seven years and over. The figures obtained after the calculation are the actual value of 0.0014, the maximum value of 2.08, a maximum value of 0. Then the numbers above are processed using the following formula:

$$\text{Human Resources} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

By using the formula above, the Human Resources Index =  $0.0014 - 0 / 2.08 - 0 = 0.0006$

Open Space Index, the number of open spaces in the North Lombok Regency, is measured based on the ratio of the area of open space available with a population of seven and above. Open space here is a public space for sports activities that can be accessed by residents of the North Lombok Regency. The open space standard figure adopted by the Olympic Committee is 3.5 m<sup>2</sup> per person (Mutohit dan Maksum, 2007). North Lombok Regency has an open space area after being divided by the population of seven years and above is 0.72m<sup>2</sup>. Then the actual value obtained is 0.72; the maximum value is 3.5; the minimum value is 0. From these figures processed using the following formula:

$$\text{Open space index} = \frac{\text{Actual Value} - \text{Minimum Value}}{\text{Maximum Value} - \text{Minimum Value}}$$

North Lombok Regency open space index:  $0.72 - 0 / 3.5 - 0 = 0.205$ .

Basically the Sport Development Index (SDI) index is a combination of four existing indices, after knowing each of the SDI dimension indexes, then it can then be calculated using the following formula:  $SDI = 1 / (4)$  (Participation Index) +  $1 / (4)$  (Open Space Index) +  $1 / (4)$  (Fitness Index) +  $1 / (4)$  (Human Resources Index). By using this formula:  $SDI \text{ North Lombok} = \frac{1}{4} 0.240 + \frac{1}{4} 0.205 + \frac{1}{4} 0.395 + \frac{1}{4} 0.0006 = 0.209$ .

## CONCLUSION

This study is following the expected objectives, namely, to find out the level of sports development in North Lombok Regency, West Nusa Tenggara Province. Based on the results, and the discussion that has been presented. Open Space Index 0.205. Human Resources Index 0.0006. Community Participation Index 0.240. Fitness Index 0.395. After calculating (SDI) North Lombok Regency is 0.209. This figure, when seen from the SDI indicators that have been studied is in the range of 0,000-0,499, meaning that the development of sports in North Lombok Regency is in a low category.

To increase the SDI index in the future, the Regional Government, Bappeda, Dikpora, KONI of North Lombok Regency, together with the community, must work extra hard to improve all components in a consultative manner, with priority at the lower dimensions as an effort to promote better sports development.

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